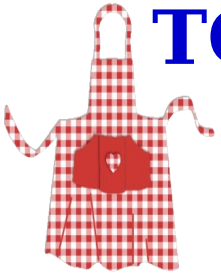
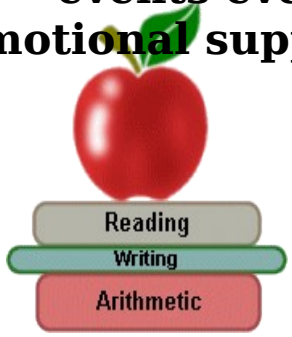
SPOUSES KEEPING IT TOGETHER (SKIT)



Spouses with members deployed, taking care of each other.

SKIT was created to give families and spouses to include fiancée's, girlfriend or boyfriends a break of the often overwhelming feeling during a long deployment. S.K.I.T. spouses meet approximately 4 times per month.

The first Friday of every month is our spouse luncheon. We go to a number of different restaurants that give us discounts and free giveaways. Childcare is paid for by SKIT if you leave your children with a sitter during lunch. Next we try to plan a family event, something we can do with our children. SKIT can assist with financial burden if that will keep you from being able to attend the outing. SKIT also has a spouses night out. We plan this at the luncheon so everyone has input and we pick the date, time and activity at that time. And our last monthly event is usually another family event. We encourage our spouses to continue to attend SKIT events even after their spouse returns to help with emotional support during the reunion time and also for the next deployment



Contact Name and numbers –

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